Review Article

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Supportive Community of Elementary School Children's for Sports and Physical Activity

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Abstract

The adults can supportive community and physical challenge by providing fun physical challenges that are appropriate for children's abilities, by giving children choices over how they move and play, and by providing opportunities for children to practice self-regulation through physical games an education that is organized with the aim of facilitating the growth and development of children as a whole that emphasizes the development of all aspects of the child's personality. Involve your child in physical activities around the home such as gardening, washing the car or house cleaning. Walk is the short distances instead of taking the car. Encourage and support walking and cycling to school. Take your child for regular walks around the neighborhood. Every child has a number of potentials, whether physical, biological, cognitive, or emotionally social (Desmita, 2009). Early childhood education should provide various activities that can develop various aspects of development including cognitive, language, social, and emotional aspects for development and socialization in children become a very important part in shaping behavior in children. One form of game that can be used to improve the social and emotional skill of early childhood is the traditional game. Students Behaviors that represent children's emotional growth and their ability to successfully navigate their world through interactions with adults and parents since these skills are develop together, this area of development is referred to as social-emotional development. We analyze the mechanics in these games and compare these mechanics against existing videogames to show what makes traditional games unique. Our student's analysis has helped us to interpret the playability issues that we can observed in our exploratory studies, and informed the design of a new videogame that rural children found to be more intuitive and engaging.

Keywords: *Children's abilities, social-emotional development, playing traditional games*

1. Introduction

Physical activity also boosts a child's mental and behavioral health and the increases a child's enthusiasm and optimism and boosts self-esteem, school performance, attention and behavior. It also reduces anxiety, tension and depression. It can also foster teamwork and friendship when it's part of an organized sport. Most importantly, a large-scale evaluation by al students demonstrated significant gains on mathematics test scores from playing computer games that target mathematics learning Videogames can be designed such that they employ good educational principles, and hence promote learning benefits. Games have immersive properties, such that the player experiences himself as being "inside" the game. Games recreate virtual environments with rich backgrounds where players participate actively. Games continually challenge players to develop new skills and reward the acquisition of these skills, especially when they spend hours playing the games. Playing traditional games, such as board or outdoor games help children to think for themselves, learn cooperation and teamwork skills, work on strategies and tactics, and learn how to hold a conversation with adults. Finally, games can be social experiences that create a shared context for social communication. Hence, e-learning games on cell phones and other inexpensive mobile devices can make educational resources more accessible to rural children in out-of-school settings, at places and times that are more convenient at school level. (1,2)

A good environment and a supportive community of school children's

Social competence plays an important role in one's social development so that one can express more social concern and be more sympathetic and helpful. This condition requires individuals who can use skills and knowledge to interact with others positively. There is an expansion of social interaction in children, where children do not only interact within the scope of the family. In

addition, children learn to think about other people. This thought can be seen in how children reflect on themselves in association with others students and that when children interact, they will also show what they interact with. With children interacting in a good environment and a supportive community, the child's behavior will also show good things in the child's social development, it can be concluded that social competence is the ability of individuals to work together, build social interaction with the surrounding environment by using knowledge about themselves and being skilled and able to communicate well with a sense of empathy Playing for children is exciting, especially with traditional games that have many benefits for children's. (3)

Abilities of Children's Intervention of Social Development

For each game, we introduced it by demonstrating it to the children in small groups in which for all each children's is receives a cell phone to play the game for about 1½ hours. Based on the above opinion, it can be concluded that the purpose of early childhood education is to develop all the abilities of children optimally so that children become a useful person for his life in the future we watched for playability problems and assigned severity ratings to the critical incidents. After sessions, we asked participants what they understood and perceived about the game. The most salient observations are:

• **Goals**. Almost every player immediately understood the goal of Forger. On the other hand, more than 50% of the participants in all three groups did not appear to find the process of exploring the Train Tracks game world to lay the railroad to be clear. Similarly, they seemed confused with the "bait" sub goal in Crocodile Rescue and did not attempt to achieve it in many cases.

• **Player actions**. Despite grasping the goal of Forger, 33 out of 47 children in Mysore attempted to find a straight route by waiting until there is no traffic on the next lane. They did not move sideways (i.e. left and right) along the current lane to slip into the gaps between vehicles on the next lane. Moreover, a child commented that his tortoise cannot cross the road because it is a slow-moving animal. In comparison, participants in luck now private readily understood the need to move sideways although people usually do not cross roads in this way.

• **Difficulty level**. Just like the impassable terrains in Train Tracks, children playing Crocodile Rescue appear to find it frustrating to navigate a path to the destination square, especially when the number of obstacles (e.g. crocodiles) increases in the more difficult levels. More than 50% of the children in all 3 groups indicated that they disliked the crocodiles that obstructed their movements. Part of the problem was that participants in all 3 groups did not understand the "bait" action by the time their sessions ended. Some also seemed to struggle to determine if there was a clear path to the boy.

• **Resource management**. In Dancer, although users threw tomatoes enthusiastically at the dancers, only children in luck now private could explain that they can gain more tomatoes by going to the green-colored members in the audience. In the other two communities,

all but 3 users did not appear to know what to do once they run out of tomatoes, or that red-colored members in the audience would take their tomatoes, despite repeated explanations.

• **Score-keeping**. When asked about why they liked dancer, none of the Mysore participants cited the scorekeeping mechanism as an appealing factor, despite being excited each time they complete a game level. In contrast, children at luck now private were very competitive and compared their scores with their peers after finishing each game. (4)

What are the Benefits of Indian Traditional Games?

Inclusion of any sport or game in the daily routine of a child has immense importance in the growth and development of his/her personality. Education and learning from one generation to the next through teaching, training and research. Education is one of the things included in human life. Because with human education can use each other things to meet the needs of life. A child becomes robust as well as mentally and physically strong by participating in sports and physical activities. Similarly, traditional Indian games play a vital role in the overall growth of a child.

- Enhances mental strength.
- Builds a problem-solving attitude.
- Teaches child how to interact socially.
- Improves hand-eye coordination.
- Makes kids more disciplined.
- Builds winning spirit.
- By kids learn about our culture.
- Make new friends.
- These games keep kids happy and positive.

Understand the rules and discipline in the traditional games

The social emotional improvement of children aged 5-6 years after the traditional games includes a child has the ability to cooperate with friends, children's ability to show tolerance, the ability of children to understand the rules and discipline in the traditional games, almost all participants grasped the goal and rules of Tree-Social skills embracing cooperation, Playing also stimulates the child to develop in general, both developing thinking, emotionally, and socially. Traditional games as one of the play activities can be used as a learning resource to meet the needs of children in developing the potential include cognitive, language, and emotional, social and physical motor. Social development is one of the capabilities possessed by early child is influenced by factor how child relationship or relation with environment. The child's personal relationships are factors that will have an impact on the child's social development. Interaction and independence are fundamental skills that determine children's accomplishments at school as well as in their interpersonal relationships. Gross motor skills are also required to support children's physical activities during playtime. This action research aims to improve the social and gross motor skills in early childhood through the application of traditional games. Each cycle focused on social skills Tree after we demonstrated the game to them.

In particular, some participants were visibly excited since they could relate easily to the game. (5,6)

Conclusion

It can be concluded that there are differences in social ability of children through our earlier attempts to design videogames that are intuitive to rural children, and exploratory studies in India, improved control and balance, enhanced hand-eye coordination, increased spatial awareness, and greater social skills. Let us look at how some of the traditional games are played and their associated benefits. Since these skills develop together, this area of development is referred to as social-emotional development. Traditional games teach the importance of a process and insert good values & also contain local wisdom that is very educational and provokes a sense of nationalism in children Ethical values such as fair play, honesty, and sportsmanship have special relevance in sports, where these values which can be applied in increasing commitment to implementing fairness in competition. We analyze the mechanics in these games and compare these mechanics against existing videogames to show what makes traditional games unique and extraordinary benefits.

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Conflict of Interest

The author declares that there is no conflict of interest regarding the publication of this article.

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